

Baseline Checklist

We recommend you establish a baseline on your journey to greater control and command of your male essence. We suggest you revisit this questionnaire weekly to progress your changes.

Your Primal Baseline: How Do You Feel Today?

Answer these 7 questions to track your journey. Reassess in 4 weeks to see your progress with Get A Grip!

1. When did you last wake up with morning wood?

Date: _____

2. When did you last feel a genuine jump or twitch in your loins?

Date: _____

3. How strong and lasting do you feel your erections are when aroused?

Circle: 1 (Very Weak) 2 3 4 5 (Very Strong)

4. Do you experience frequent joint pain, and if so, where?

Answer: _____

5. How are your regular sleep quality and energy levels when you wake up?

Circle: 1 (Poor) 2 3 4 5 (Excellent)

6. How would you rate your overall sense of vitality and power?

Circle: 1 (Drained) 2 3 4 5 (Powerful)

7. How clear and confident do you feel in your mental focus?

Circle: 1 (Foggy) 2 3 4 5 (Sharp)